

Steps to follow for an **ASTHMA ATTACK** in the School Setting



If student has excessive coughing, wheezing, shortness of breath or chest tightness, this person may be having an asthma attack.

1. STOP ACTIVITY:

- Help to an upright position – do not recline.
- Ask, “Are you having trouble breathing?”
- Ask, “Do you have asthma?”
- Ask, “Do you have a quick-relief inhaler?”

2. STAY CALM:

- Encourage use of quick-relief inhaler, if available.
- If a rescue medication was used, the school nurse, if possible, should assess the student and parents should be notified.
- If a quick-relief medication does not work or student does not have quick-relief inhaler, GET HELP.

3. GET HELP:

- Call School Nurse to classroom or gym.
- OR**
- If student can walk without difficulty, send to school nurse office.

NEVER SEND STUDENT ALONE

CALL 911
or Local
Emergency
Number

If the student has ANY of these signs of an Asthma Emergency:

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|---|-------------------------------|
| • Inability to breathe. | • Trouble walking or talking |
| • Struggling to breathe. | • Nostrils open wide |
| • Chest/neck are pulled in or sucked in with each breath. | • Lips or fingertips are blue |

ALWAYS NOTIFY PARENT OR GUARDIAN

Place Local Emergency # Here!

